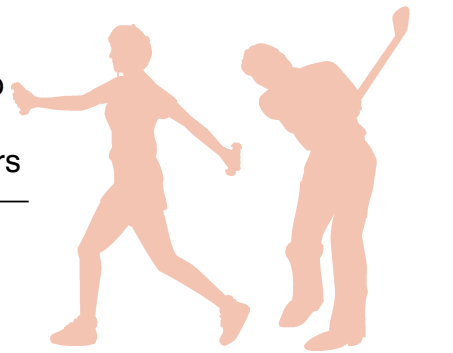


YOUR FLU SHOT PROTECTS YOU AND THOSE YOU LOVE

You do so much to protect those you love—

your spouse, children, parents, and friends. And you do so much to keep them healthy. But have you gotten your flu shot yet? When you have the flu you put everyone near you in danger—especially older family members and friends. And if you're over 64—even if you're healthy and quite active—you could still suffer serious complications from the flu. The flu doesn't harm just frail, elderly people. It can harm anyone.



Get the flu facts. Don't fall for myths.

FALSE The shot can give you the flu.

Flu vaccines are made from *killed* influenza viruses. These cannot give you the flu.

MAYBE I got a flu shot once, and still got sick.

This can happen, but your illness wasn't caused by the flu shot. Other viruses, including other strains of the flu virus, circulate during the flu season. These can, and do, cause people to get sick.

FALSE The vaccine isn't 100% effective, so I'm better off getting the flu.

It is true that the vaccine isn't 100% effective. However, if you get a flu shot but still get the flu, you are likely to be far less sick than you would have been without the protection. Also, your chances of severe complications and death are greatly reduced.

FALSE The side effects are worse than the flu.

The worst side effect you're likely to get is a sore arm. The risk of injury or death from a rare allergic reaction is far less than the risk of severe complications from influenza.

TRUE Not everyone can take the shot.

People who are allergic to eggs (used in making the vaccine); currently have a severe, acute illness; or who have had a severe reaction to the flu vaccine in the past, might not be able to get this protection. They depend on you to get vaccinated and stay healthy so they won't get sick.

The flu is more than the sniffles.

It's coughing. It's fever. It's aching. It can lead to pneumonia. Complications from the flu kill more than 20,000 Americans each year and cause over 100,000 to be hospitalized. Most are over 64 years old.

Take control!

Remind your health care provider to give you the shot.
Don't wait to be told you need the protection.



For more information, call the
CDC Immunization Hot Line
English: 1-800-232-2522
Español: 1-800-232-0233